

\$10,000 IN GIFT CARDS

GRAND OPENING WEEKEND MAY 7 & 8 375 Pleasant St, Dartmouth Across from the Woodside Ferry

# Halifax FORT MCMURRAY metroNEWS

Your essential daily news | wednesday, may 4, 2016

High 13°C/Low 4°C Partly cloudy 💟 🕡

## FOUND IN TRANSLATION



# 'Are you ready for emergency situations?'

Province breaking language barrier with brochures for Nova Scotia's Arabic population metroNEWS

# CarShare hits roadblock

## **Company looks** to expand into residential areas



Jeremy Mutton For Metro | Halifax

CarShare Atlantic's plan to expand into Halifax's residential areas is facing some roadblocks.

The service, formerly called Car-ShareHFX, said Tuesday it wants to see municipal regulations change so it can be available to more people.

"Our next collaboration will hopefully be with the city, to allow us to have on-street parking, so we can expand into residential areas," company president Pam Cooley said.

"Most cities in North America have this already."

However, Halifax Regional Municipality spokeswoman Tiffany Chase said Tuesday CarShare Atlantic's proposals would require municipal changes to parking regulations.

"The administrative issues would be significant."

Currently, HRM has parking bans for adverse weather conditions, and CarShare members can't buy monthly permits for certain streets because they don't own the vehicles.

Additionally, it's a provincial offence for vehicles to be parked on certain streets over 24 hours, Chase said.

The Motor Vehicle Act also prohibits cars parked on the street during snow removal.

A March 2015 report from the city's Transportation Standing Committee found that allowing on-street parking for carshares would put "significant pressure on the availability of already limited on-street parking in high demand areas."

"It was short-sighted," Coun. Waye Mason said Tuesday. His district includes the downtown core and south end, where CarShare Atlantic hopes to expand. "You could set up a category of parking spaces similar to taxi stands," Mason said.

Cooley admitted "there are obstacles" to expansion.

"But that's where a city has vision," she said. "They look at what the obstacles are and move through them."

More coverage, page 8

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everything 10 to 10

Your essential daily news

'Messi boy' viral story takes sad turn as his family flees Afghanistan. World

**LATEST HOMICIDE:** 

## **HOMICIDES IN HALIFAX**

# Recent cases now in unsolved file

INVESTIGATION

# **Province hopes** program will yield new tips



Yvette d'Entremont Metro | Halifax

Halifax police and the provincial government have taken the unusual step of adding the cases of four recently murdered young men to the province's Major Unsolved Crimes Program.

The provincial department of justice program offers cash rewards of up to \$150,000 per case to anyone who shares information leading to the arrest and conviction of those responsible for major unsolved crimes.

The four homicides added to the program on Tuesday have all occurred since March 29. Homicide victims are typically added to the province's incentive program after a more significant amount of time has passed.

"I wouldn't say it's unprecedented. It's highly unusual to have four homicides in such a compressed time," Supt. Jim Perrin, officer-in-charge of the Integrated Criminal Investigation Division, said Tuesday.

"It has created, obviously, a lot

of media attention, and rightly so ... Investigators are anxious to take advantage of that media attention and by doing this hopefully create some interest and help us solve these crimes."

Perrin said all four cases are progressing, and adding them to the unsolved crimes program doesn't mean the investigations have stalled.

"We want to use all the tools available to us, and this is one of them that we've had success from recently," he said.

"It's not a last resort at all." Joseph Cameron, Tyler Richards, Naricho Clayton and Daverico Downey were all under 30 and died as a result of gunshots.

Perrin said while police continue to explore possible connections between the Richards homicide and the Clayton homicide, they don't believe the Clayton and Downey homicides are connected.

Those who come forward with information to the Major Unsolved Crimes Program must provide their name and contact information and may be called to testify. All calls are recorded.

When asked what police would say to anyone with information worried about coming forward for personal safety reasons, Perrin said "this is about breaking the code of silence."



PRESTON April 23, Daverico Downey, Downey Road, North Preston: No arrests/charges.

While investigators have some leads in the homicide cases, police encourage witnesses to come forward with any information related to the murders. Supt. Jim Perrin says if anyone steps forward to provide information about the cases, Halifax police will offer them their full support. GRAPHIC: ANDRES PLANA/METRO; PHOTOS COURTESY OF NOVA SCOTIA JUSTICE DEPARTMENT

There have been a total of seven homicides across Halifax so far this year.

U Jan. 21, Frank Lampe, Harlington Crescent, Halifax: Second-degree murder charges laid.

March 2, Blaine Clothier, Autumn Drive, Halifax:

Second-degree murder charges laid.

March 26, Kristin Johnston, Oceanview Drive, Halifax: Second-degree murder

charges laid.

March 29, Joseph Cameron, Mount Edward Road and Spring Avenue, Dartmouth:

No arrests/charges.

17, Tyler Richards, Cook Avenue, Halifax:

April 19, Naricho Clayton, Gottingen Street, Halifax: No arrests/charges

No arrests/charges.





Clayton

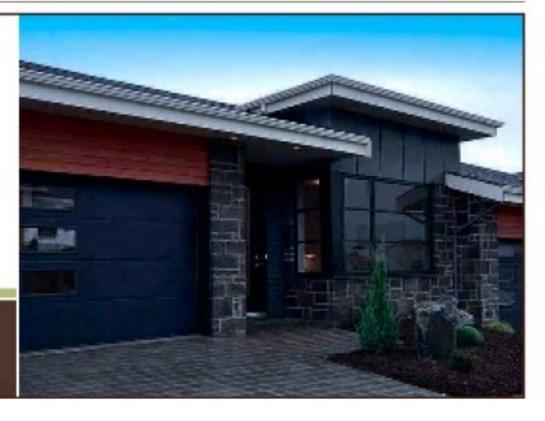
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HALIFAX JAZZ FESTIVAL

# Lineup unveiled for 30th year

The Halifax Jazz Festival has been a city staple for three decades, but it's important to keep "pushing the boundaries," says the board chair.

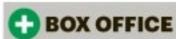
Tuesday saw the festival announce its full lineup of shows and programming for its 30th year, including headliners Ms. Lauryn Hill, Metric, and City and Colour alongside funk powerhouse Chic featuring Nile Rodgers, and New Orleans favourites the Preservation Hall Jazz Band.

Ms. Lauryn Hill CONTRIBUTED

"It's important to constantly be pushing the boundaries to find out what works for our festival and what's good for our fan base," Festival board chair Andrew Killawee said Tuesday.

The festival, running July 12-17 this year, has developed a solid base and reputation with constant tweaking, Killawee said, and its organizers are always looking for the next big act or a blast from the past to come along at the right time.

A highlight will be the LA-



**Tickets** are now on sale and available at etixnow. com or halifaxjazzfestival. ca.

based avant-garde jazz bassist Thundercat taking the main stage, Killawee said, with openers River Tiber.

"That's going to be kind of a new sound in the festival," he said.

"That will be a really good fit and will excite a lot of people who are progressive music lovers."

St. Matthew's Church on Barrington Street is also hosting a lineup of more intimate shows including Los Angeles singersongwriter Julia Holter, jazz artists Oliver Jones and Laila Biali, and regular Arcade Fire touring members Colin Stetson and Sarah Neufeld.

The talent in free programming across Halifax and Dartmouth, including the Hydrostone Park and Dartmouth Ferry Terminal Park, has also been "upped" Killawee said, with over 350 local musicians taking part in the festival.



Street to celebrate the region's built heritage on Tuesday morning for the announcement of Doors Open Halifax's 2016 venues. CAREY/FOR METRO

# New venues open doors to public

EVENTS

## Citywide open house features 33 buildings to explore



Olivia Carey For Metro | Halifax

Fifteen additional venues are about to add their names to this year's Doors Open Halifax.

The Halifax Shambhala Centre and the Pier 21 Canada's Museum of Immigration are brand new among some of the 33 buildings open to the public this year.

"We like to have a whole range of venues so we have everything from marine and naval history to places of worship to new developments to really important historic buildings in the city," Tara Wickwire, who's been involved with Doors Open for four years, and became president this year, said at a launch event on Tuesday.

Visitors will get to see the inside of buildings like City Hall, Hospice Halifax and Nova Scotia Association of Architects.

Other locations include Halifax Fire Department Station 2 on University Avenue, the Old Town Clock and the Waegwoltic Club.

Hugh MacKay brought the event to Halifax in 2013 after enjoying it in Ottawa.

"I absolutely loved the program and several years later my wife and I moved here and we were literally looking for when's the Doors Open event here, and there wasn't one. So we started it," he said.

The first Doors Open event began in France in 1984. The event soon spread to nearby countries and then to Canada in 2000, when Toronto launched its first Doors Open event.

MacKay said he noticed a disconnect between people involved in caring for the heritage of the city and property developers.

"It fit with my idea of things that Halifax needed to do."

The volunteer-run event will take place June 4th and 5th from 10 a.m. to 4 a.m.

The full list can be found at doorsopenhalifax.com.

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Tara Boutilier, Client Associate, and Andrew Lacas, Investment Advisor

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## PLACES TO SEE



City Green Houses JEFF HARPER/METRO

- Atlantic School of Theology, 660 Francklyn St.
- Cable Wharf and Theodore Tugboat, 1751 Lower Water St.
- City Green Houses & Horticultural Tour, 5711
- Sackville St.
- Boat Shop, Maritime
   Museum of the
   Atlantic, 1675 Lower
   Water St.
- Dalhousie School of Architecture, 5410 Spring Garden Rd.

- Founders Square, Armour Group, 1701 Hollis St.
- Halifax Junior Bengal Lancers, 1690 Bell Rd.
- Halifax Shambhala Centre, 1084 Tower Rd.
- Hospice Halifax, 618
   Francklyn St.
- Icon Bay Development, 50 Bedford Highway
- NSCAD Academy, 1649
   Brunswick St.
- Nova Scotia Association of Architects, 1359
   Barrington St.
- Pier 21 Canada's Museum of Immigration, 1055 Marginal Rd.
- Royal Artillery Park
   Officer's Mess, 1575
   Queen St.
- Southport Development, 1065 Barrington St.

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NEWS

# Breaking language barriers

**NEWCOMERS** 

## Emergency services brochures in Arabic unveiled



Nadine Yousif For Metro | Halifax

Iethaad Alsmadi says language barrier was a main concern for her and her family prior to their arrival to Halifax from Jordan three months ago.

She attended an announcement made by the Emergency Management Office of Nova Scotia to unveil Arabic translations of brochures on how to use emergency services Tuesday morning.

The announcement, which was held at the Immigration Services Association of Nova Scotia (ISANS) in Halifax, comes after 1,000 refugees arrived in the province over the last six months, according to the association's director of operations Gerry Mills.

"Even before we had the thousand refugees who arrived . . . Arabic was the third most spoken language in Nova Scotia," Mills said.

The province's immigration minister, Lena Diab, announced the translated brochures with emergency management minister Zach Churchill.

The initiative was done in collaboration with Nova Scotia's Emergency Management Office (EMO) as part of a province-wide Emergency Awareness Week initiative that aims to encourage the public to be prepared in case of an emergency, according to Churchill.

The emergency information brochures were previously available in only English and French. Mills said the newly translated brochures aim to make Arabic-



Iethaad Alsmadi laughs while speaking to Immigration Minister Lena Diab after an unveiling of Unveil new products in Arabic for Emergency Preparedness Week.

JEFF HARPER/METRO

Population by mother tongue in Nova Scotia — All information attributed to Statistics Canada 2011 Census

speaking newcomers feel included.

"It's access to information, but it also means you're part of the community, you're part of this and we're going to make this accessible to you," Mills said.

Alsmadi said translating services in the province helps make her transition to living in Canada easier as a newcomer.

"The biggest thing we were scared of was the language, just French — 31,105

Arabic − 6,720

Mi'kmaq − 4,840

German — 3,525

the language," Alsmadi said in an interview translated from Arabic. She added translation services provided by ISANS have been essential in her day-to-day life.

According to Diab, research shows that recent immigrants to Canada are less likely to have a plan as a precaution in case of an emergency than other Canadians.

However, 911 services are trying to make the public aware that translation services are available to those who do not speak English or French as their first language, according to EMO director of emergency services Paul Mason.

Mason added the brochures serve as a useful tool to help spread that information to newcomers.

Churchill said these brochures will not only help newcomers in the community feel welcome, but will also help preserve their language for years to come.

"This going to be the first generation of what we hope to be many settling and living here, and we want to do our part to make them feel part of the community."



Immigration Minister Lena Diab holds up some of the new pamphlets. JEFF HARPER/METRO

LABOUR

# Nursing home worker injuries caused by residents rising: Board

A spike last year in the number of nursing home workers seriously injured due to violence from residents is a disturbing trend that shows the urgent need for a change in workplace culture, says the chief executive of the Nova Scotia Worker's Compensation Board.

Stuart MacLean says new statistics from his office show there were 40 nursing home workers who ended up off work and receiving payments due to injuries in 2015.

He says that's a significant rise from the 28 workers off in 2014 due to the injuries caused by violence.

"I think the trend is disturb-

"I think the trend is disturbing for sure," he said during an interview.

"If it is happening frequently, it's just a matter of time until something serious takes place."

His comments come just days after a freedom of information release from the chief medical examiner showed eight deaths due to residenton-resident violence in Nova Scotia nursing homes, with five never revealed to the public before. Figures provided by the board also show the number of nursing home workers off due to violence is close to double the 22 hospital workers who are off due to the same issue, even though hospitals have far more employees.

MacLean says the problem of violence-based injuries to health workers has been known for some time, but that the figures in the nursing homes continue to stand out as being among the worst.

"The most problems we're experiencing ... is in long-term care and in home care. That's where you get the big numbers," he said.

In 2015, the board paid out \$641,725 for the injured nursing workers who were harmed during the year or still on a claim due to violence. That was up from \$555,345 the year before.

The Nova Scotia Nurses Union produced a report last fall highlighting the issue and calling on the province to do more to reduce the injuries of both residents and employees in nursing homes caused by punches, pinches, scratches, bites, kicking, grabs or other forms of violence from residents.

It has recommended the hiring of more nurse practitioners, increased workplace training and detailed risk assessments of the homes.

The report argues that the injuries from aggression among residents with dementia and other illnesses could be reduced with higher staffing ratios, allowing for closer observation for signs of aggression and strategies to descalate potential outbursts.

THE CANADIAN PRESS



Health Department spokesman Tony Kiritsis said in an email that occupational health and safety inspectors from the Department of Labour and Advanced Education are increasing visits to long-term care facilities to educate workers, while the Worker's Compensation Board has issued a request for proposals to develop a plan to address injury rates.

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Halifax | metr@NEWS **8** Wednesday, May 4, 2016

# Carshare eyes big expansion

**ECONOMY** 

## **Local business** targets region, customers of all ages



Jeremy Mutton For Metro | Halifax

CarShare Atlantic has added 10 new Toyota Prius cars to its fleet, bringing its total to 45 vehicles, more than half of which are hybrids.

That's just one of the changes announced Tuesday by the service formerly called CarShareHFX, which has also changed its name in hopes of inviting other East Coast cities to start up carshare programs.

The rebrand comes with a new logo, website and expansion plans.

CarShare Atlantic president Pam Cooley said Tuesday she hopes to further expand in the north and south ends of Halifax, adding the company is partnered with Montreal-based carshare company Communauto.

That will allow members to

reserve cars in several other cities, including Montreal, Ottawa, Quebec City, and even Paris, France, Cooley explained.

Jean-François Charette, operations director for Communauto, said Tuesday the roaming option will be ready to go "hopefully this year."

Cooley insisted "carshare is not a commuting option." It's meant to work with transit and keep cars off the road.

"It's what we call a mobility love affair, transit and carshare," she said.

Customer Brad Dykema said he wants to see more cars off the road, and CarShare Atlantic allows his family to live without a car.

"I want to see carsharing expand in Halifax," Dykema said Tuesday, adding he joined five years ago partly to reduce his carbon footprint. CarShare Atlantic now has 1,100 members.

"There doesn't seem to be any end in sight to demand," District 7 Coun. Waye Mason said Tuesday.

And demand could increase. Student Car Share, which had an agreement with Dalhousie Student Union, is no longer active, leaving CarShare At-



Pam Cooley of CarShare Atlantic says the service is meant to work with transit. JEREMY MUTTON / FOR METRO HALIFAX

lantic as the only such service in Halifax.

Incoming DSU president Kathleen Reid said she was unaware Student Car Share folded, and will have to "reevaluate" options for students to carshare.

"The priority for students is cheap, accessible transportation," Reid said Tuesday. "We would support any carshare

initiative."

Despite the expansion, challenges remain. Cooley said she's working with her insurance company to lower their minimum age for drivers from 20

to 18, in order to allow for more students to use the carshare service.

"Whatever place you are at in your life cycle, you can use carshare."

# Man sought after indecent act

Halifax Regional Police are seeking assistance in the case of a man seen masturbating in the common area of a Dartmouth community college.

Around 7 p.m. Monday, a man was seen committing the indecent act in the atrium of the NSCC Waterfront Campus. Security was notified right away, but the man had left by

the time they arrived. He is described as a white man in his early 20s, five feet five inches, 130 to 150 pounds, of

slim build with brown medium-

length hair. At the time of the incident he was wearing a red shirt, green khaki pants, carrying a red backpack.

Anyone with information is asked to contact police at 902-490-5016, or send an anonymous tip to Crime Stoppers. METRO

### **IN BRIEF**

### **RCMP** hunt suspects in break and enter

RCMP in Lower Sackville seek two suspects after a break and enter Tuesday on Stokil Drive at about 11 a.m.

Police report that a homeowner chased two young men on foot, but they got away with a laptop.

The suspects were described as being in their late teens or early 20s, one with short dark hair, wearing a black hoodie, and the other with blond hair, wearing a grey hoodie and sweatpants, and carrying a backpack. Call police or Crime Stoppers with information. METRO

### Graffiti reported to police in Hatchet Lake

Staff at Classic Physiotherapy

on Prospect Road in Hatchet Lake, reported graffiti to Halifax District RCMP Monday.

They believe the incident occurred after staff left the office April 21.

Anyone with information about the incident is asked to call RCMP at (902) 490-5020 or Nova Scotia Crime Stoppers at 1-800-222-TIPS. METRO





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### ANIMAL CONTROL

# Mountie kills cow on rampage

An out-of-control cow that got loose and injured several people at cattle sales in Lawrencetown was shot by an RCMP officer after police received a 911 call.

The distraught animal was being off-loaded and got loose, said Annapolis District RCMP Staff Sgt. Dan MacGillivray. Police got the call at about 10 a.m. Saturday and arrived at the scene only to be charged by the animal themselves at one point.

"It was, I guess, stressed out, or was acting erratically," said MacGillivray, adding that there was a veterinarian at the exhibition grounds and that the owner of the animal was close by. "I guess it hurt a couple of people. It appears like this



### It was, I guess, stressed out, or was acting erratically.

Staff Sgt. Dan MacGillivray

animal was attacking people -(that was) the information our officers had."

MacGillivray said the vet was there with a tranquilizer gun but may not have been able to get in position to use it.

"The animal crossed Highway 1. At one point the animal came towards the police car with its head down. Our officers got out of the way."

According to one report, the animal crossed the Lawrencetown Volunteer Fire Department property and headed east down the trail on the abandoned railway line.

Another witness said it went east down Highway 1 and then got on the trail and went several kilometres before RCMP stopped it.

The senior officer on the scene had to make a decision based on public interest, public safety - that this cow was out of control - and when it was safe to do so he dispatched the animal," said MacGillivray. "He fired his handgun and the animal fell and the vet was there within a few minutes and took over."

TC MEDIA

# 'Start early': Baillie pushes for new bill

Nova Mental Health Scotia's EMERGENCY

## PC leader says gaps in school system should be addressed



Haley Ryan Metro | Halifax

A proposed bill would see inschool mental health supports and a new curriculum to help young people before they reach "a point of crisis," the province's PC leader says.

Jamie Baillie introduced the Healthier Schools Act in Province House on Tuesday afternoon. It would require all school boards to provide students with regular access to in-school health services, provided by a qualified health professional, and have mental health training programs available to all secondary school teachers.

The bill would also have school boards implement the Mental Health and High School Curriculum Guide created by Dr. Stan Kutcher and Yifeng Wei.

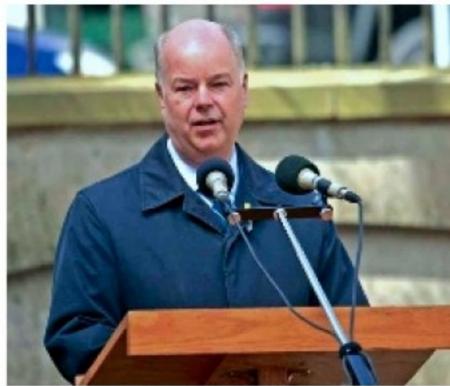
"Start early. Get to people before their mental illness develops or gets to a point of crisis," Baillie said after tabling the bill.

"We need to do more."

Baillie said the new curriculum would target Grades 9-12, since that's when most students begin to show signs of mental illnesses, and they would benefit the most from learning about what's happening to them and where to turn.

The health professionals would regularly visit schools and could include a variety of mental health nurses, psychologists, or other experts, Baillie said.

Although some schools do cover mental health in class and offer programming or in-house supports, Baillie said it should be the case in every single school



Nova Scotia PC Leader Jamie Baillie, JEFF HARPER/METRO

and "in a much deeper way."

Baillie said their estimates show it would take "less than \$1 million" to roll out the bill's changes, and the province would be able to start with current mental health professionals in the system, then expand if needed.

"This saves future costs, future problems, future lives. It absolutely pays for itself, and it's the right thing to do," Baillie said.

IMPAIRED DRIVING

# Breathalyzer ignition lock Maritimes-bound

The four Atlantic provinces have secured a joint procurement agreement with a Toronto company to supply ignition interlock devices.

Alcolock Canada will provide rates for group purchases of an estimated 1,000 interlock systems annually for the four jurisdictions. The devices are used to allow a convicted impaired driver to regain driving privileges under strict conditions.

Once installed in a vehicle, the device prevents it from being started unless the driver can provide a breath sample free from alcohol.

THE CANADIAN PRESS

CRIME

# Three face charges following break-in



Kristen Lipscombe Metro | Halifax

Two men and one woman are facing several charges following several 911 calls and a break-in in the Five Islands area Monday morning, according to Nova Scotia RCMP.

A 21-year-old man from Stellarton is charged with two counts of mischief, two counts of failing to comply with conditions and one count of break and enter; another 21-year-old man from Truro is charged with mischief and failing to comply with conditions and a 19-year-old woman is charged with break and enter and theft under \$5,000.

Officers from both Colchester and Cumberland RCMP districts responded to 911 calls during the early morning hours. They located the trio at about 7:40 a.m. at a Five Islands residence, police said in a release Tuesday.

Police have released all three accused from custody. They will appear in Truro provincial court at a later date.

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# A census of excitement

GOVERNMENT

## Response symbolizes that 'Canada is back': Expert



Luke Simcoe Metro Toronto

The long-form census is back, and it might just be more popular than ever.

Across the country, Canadians are practically bursting with joy as they open their mailboxes to find their 2016 census forms. Many are turning to social media to share the moment with the masses just as they do some of the biggest moments of their lives - weddings, birthdays and the like.

"Got this in the mail and may have squealed," tweeted Jean-François Claude. "Never thought government paperwork could get me this excited."

In fact, so many Canadians rushed online to fill out the census Monday that the Statistics Canada website crashed for 45 minutes.

The jubilant response to the census didn't surprise Matti Siemiatycki, a professor of planning and geography at the University of Toronto.

"I think the census is a symbol," he said. "It symbolizes for many people that Canada is back, that evidence and sound decision making is what this country is based on."

The long-form census was cancelled by the Conservatives in 2010, and its return brought about by the Trudeau Liberals' rise to power is particularly good for people those living in major cities, said

"The census is a critical re-

One Dance

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The 2016 census has Canadians bursting with jubilation. So many people rushed online to fill out the census Monday that the Statistics Canada website crashed temporarily. TWITTER.COM

source for city planners and decision makers," he said. "It provides the most extensive picture of who lives in our cities, where they live, what their demographics are, and in many cases what their needs and wants are."

That kind of information will be vital for cities as they decide where to invest new federal funding for things like

infrastructure, housing and transit, said Siemiatycki.

"We have limited resources, so how do we spend hardearned taxpayer money wisely? We do it through evidencebased decision making," he said.

"And if our data is better, then our services and programming are better, and that means a better quality of life for everyone."

PENALTY

### Do your census duty

If building a better city isn't enough motivation to fill out the census, consider this: Failing to follow through can lead to a fine of up to \$500 and/or up to three months in jail.

'Male' and 'female' not enough



Haley Ritchie Metro Ottawa

The majority of Canadians - including many who identify as transgender probably didn't think twice about ticking 'female' or 'male' on the new census.

But one group of people those who identify as both genders, or neither don't have a box to tick. We don't know exactly how many since the census doesn't include them, which is frustrating both researchers and non-binary people.

"None of that data really exists anywhere, especially in Canada," said Dillon Black, a member Ottawa's Queering613 collective. "There aren't really any demographics on trans identity and especially nonbinary identities."

People like Black, who don't identify with one gender, aren't represented along with intersex people or two-spirited indigenous people. The census also doesn't differentiate between gender identity and biological sex.

Black said they'd like to see more education around the issue and consultations between Statistics Canada and non-binary people about adding more options in a future census.

Right now Statistics Canada is encouraging non-binary respondents to leave the category blank and indicate a reason in the comments section.

Costs for

**VETERANS AFFAIRS** 

# pot 'too high'

The latest report from the federal auditor general urges Veterans Affairs to get a grip on its medical marijuana program for injured ex-soldiers, which is expected to cost taxpayers a startling \$25 million this year.

Michael Ferguson says it's just one of the programs where the federal government has critical data available to it that's either not usable, not used or not acted upon at all.

The report tabled Tuesday in the House of Commons also looked at the dire condition of the army reserves, the federal government's inability to detect and prevent refugee fraud and the uncertain impact of the former Conservative government's \$400-million venture capital action plan. But with medical marijuana for veterans, Ferguson paints a picture of program out of control.

He says the federal department long ago recognized the need to contain the prescribed pot program by imposing a limit on how much the government is willing to pay per gram, but usage levels and costs continue to climb. Veterans Affairs has covered medical marijuana costs since 2008, but more vets have applied since the regulations were overhauled, sending the cost through the roof.

THE CANADIAN PRESS



### A dozen people at risk of losing citizenship

Immigration officials are looking at revoking the Canadian citizenship of about a dozen people after the auditor general found the government isn't doing enough to root out fraud in the citizenship system.

### FORT MCMURRAY, ALBERTA

# 'My whole life is burning away'



101Sthatounce

Jeremy Simes For Metro | Calgary

Homes have begun to burn in Fort McMurray as residents flee for safety from a blaze that's doubled in size within a day.

More than 30,000 people have now been ordered to leave Fort McMurray communities.

"My whole life is burning away," said Jenn Tremblett, who has left for Edmonton. "My home is in Gregoire (Fort McMurray neighbourhood) so it may be gone soon.

"My family is trying to get out of town."

Tremblett said the community of Beacon Hill is on fire, after a nearby Shell gas station blew up.

"It's very bad," she said. Fire officials have extended the evacuation order to 10 communities in the city, including Beacon Hill, Abasand, Waterways, Draper, Saline Creek, Grayling Terrace, downtown, Thickwood, Wood Buffalo and Dickinsfield.

On Tuesday evening, a for-

estry spokesperson said officials are pulling out crews as it has become prime burning time, adding tomorrow is supposed to be more intense.

Unseasonably hot temperatures combined with dry conditions have transformed the boreal forest in much of Alberta into a tinder box. The wildfire threat ranging from very high to extreme.

Fire officials had already warned earlier in the day that rising temperatures and low humidity could help the fire

WITH FILES FROM THE CANADIAN PRESS



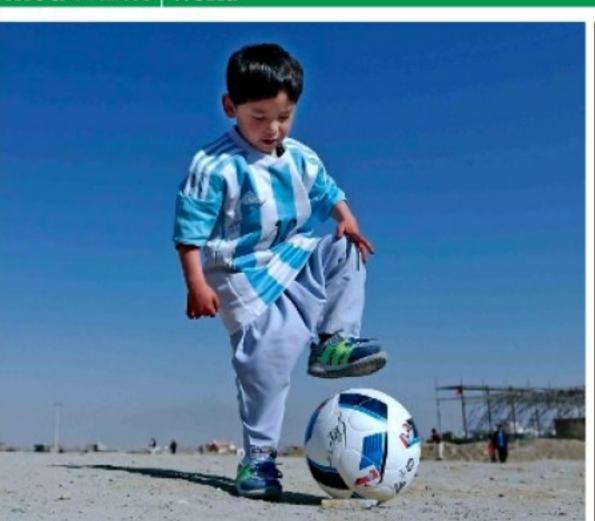
Smoke fills the air as people drive on a road in Fort McMurray, Alberta on Tuesday in this image provide by radio station CAOS91.1. THE CANADIAN PRESS



# **CELEBRATES ANNIVERSARY!**

metr@NEWS World

Wednesday, May 4, 2016 11



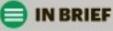
Afghan boy Murtaza Ahmadi plays with a football on Tuesday while wearing a shirt donated and signed by Messi in Pakistan's southwestern city of Quetta. The boy who captivated hearts after he was pictured wearing a plastic bag as an improvised Messi jersey has appealed to the UN refugee agency after fleeing his home. AFP/GETTY IMAGES

# 'Messi boy' sent into exile

The family of a five-year-old Afghan boy who received autographed shirts from his soccer hero Lionel Messi was forced to leave Afghanistan amid constant telephone threats and a menacing Taliban letter, the boy's father said Tuesday.

Mohammad Arif Ahmadi --whose son grabbed headlines when he was photographed wearing a homemade Argentina shirt with No. 10 on the back said they have moved to neighbouring Pakistan and settled in the city of Quetta, hoping for a better life there.

"Life became a misery for us," said Ahmadi, speaking to The Associated Press over the telephone from Quetta. He added that the family didn't want to leave Afghanistan, but the threats were just getting more and more serious.



### Canadian thrown out of Nepal for tweeting

A Canadian man has been ordered to leave Nepal within two days after authorities said he posted messages on social media that could disturb social harmony. An official said Robert Penner's work visa was revoked because a report prepared by authorities suggested his critical posts on Twitter threatened national unity. THE CANADIAN PRESS



### The Taliban asked why my son was not learning the Qur'an in an Islamic school. Mohammad Arif Ahmadi

Ahmadi said he feared that his son Murtaza would be kidnapped after becoming an Internet sensation - both at home in Afghanistan and beyond — after pictures of him wearing a Messi shirt made out of a striped plastic bag went viral.

Ahmadi said that at first he was not sure who was behind all the phone calls, and that he thought it might criminal gangs seeking to extort money and falsely thinking the family might have made lots of cash amid the boy's international popularity.

But he said he realized it was the Taliban after he received a call from a local driver in the area who told him he was bringing him a letter.

"It was a letter sent by the Taliban," Ahmadi said.

The Taliban have not commented the case of the 5-year-old Murtaza and their spokesman was not immediately reachable for comment.

The Ahmadi family first travelled to the Pakistani capital, Islamabad, but couldn't stay there long because of the high cost of living. They later moved to Quetta.

When the threatening phone calls became more menacing, the family decided to go and "that was the main reason that I left my homeland," he added. THE ASSOCIATED PRESS

# Video of hostage's beheading released

pines have a released a video showing the beheading of Canadian hostage John Ridsdel, an American group that monitors jihadi websites reported Tuesday.

Ridsdel, 68, of Calgary, was one of four tourists - including fellow Canadian Robert Hall. Norwegian Kjartan Sekkingstad and Filipina Marites Flor — who were kidnapped last Sept. 21 by

Muslim militants in the Philip- Abu Savyaf militants.

In a series of tweets, Rita Katz of the SITE Intelligence Group cited the video as saying Ridsdel was beheaded on April 25 "due to non-compliance" of the Canadian government.

Another video shows the three remaining hostages, with the militants threatening to behead them if their demands are not met, she said. THE CANADIAN PRESS

# Cruz quits, Trump wins in Indiana

### U.S. ELECTION

## Front-runner still needs 200 delegates for nomination

Texas Sen. Ted Cruz abruptly ended his presidential campaign Tuesday night after falling to Donald Trump in Indiana's primary, a devastating loss that left him with no viable path to the Republican nomination. Trump, considered a fringe candidate a year ago, now is poised to rep-resent Republicans in the fall presidential campaign.

"I've said I would continue on as long as there was a viable path to victory; tonight I'm sorry to say it appears that path has been foreclosed," Cruz told a sombre crowd in Indianapolis.

Cruz campaigned aggressively in Indiana, but could not overcome Trump. The billionaire businessman has stunned the Republican Party with his appeal to voters deeply frustrated

with Washington and their own party's leaders.

Trump still must win about 200 more delegates to clinch the nomination. But his victory in Indiana - where he picked up at least 45 of the state's 57 delegates — made it all but im-possible for Cruz to block him from doing so.

Before Tuesday's results, Cruz had vowed to stay in the race through the final primaries in June, clinging to the possibility that Trump would fall short of the 1,237 delegates he needs and the race would go to a contested convention.

One outside group trying to stop Trump suggested it would shift its attention to helping Republicans in other races. Rory Cooper, a senior adviser to the Never Trump super PAC, said the group will help protect "Republican incumbents and down-ballot candidates, by distinguishing their values and principles from that of Trump, and protecting them from a wave election."

Only about half of Indiana's Republican primary voters said

## **UNITY**

Whether a united Republican Party is possible with Trump at the helm remains uncertain. Before the Indiana results were finalized, some conservative leaders were planning a meeting to assess the viability of launching a third party candidacy to compete with Trump.

they were excited or even optimistic about any of their remaining candidates becoming president, according to exit polls. Still, most said they probably would support whoever won for the GOP.

Clinton, too, needs to win over Sanders' enthusiastic supporters. The Vermont senator has cultivated a deeply loyal following in particular among young people, a group Democrats count on in the general election.

THE ASSOCIATED PRESS





CELEBRATES ANNIVERSARY!

THE POWER OF PURPOSE, DRIVEN BY VOLUNTEERS.

**Bibles for Missions** 

Located at 31 Temple Terrace, Lower Sackville

Located at 31 Temple Terrace, Lower Sackville

**BFM 2ND ANNIVERSARY** 

# Great products at exceptional prices

Upon entering the Bibles for Missions Thrift Store in Lower Sackville, several big things that stand out to customers are the exceptional pricing of goods, the way products are merchandised and laid out, and the exceptionally clean and bright environment.

"We can provide items at a very, very competitive price," said Richard Ramey, the store's past chairperson of the board of directors.

This is in part because the store is staffed by a volunteer labour force, which helps keep costs down and helps ensure the prices are afford-

As well, the goods sold at the store are all donated. Volunteers sort goods and clean, repair and resell about 70 to 80 per cent of them. The remaining goods are diverted from the landfill and recycled, or another purpose is found for

This commitment ensures the products that end up on the shelves of the 11,000-square-foot store retail space are of the highest quality.

The items are sorted and placed in multiple departments, such as clothing for adults, children and even formal wear, as well as CDs, books, DVDs, records, appliances, sporting goods and furniture.

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"It's like a multi-purpose retail store," said Ramey.



At Bibles for Missions, people won't have to go rooting through any bins to find what they want. Careful thought is given to how items are displayed in the store.

The store is very spacious, resulting in a pleasant shopping experience because the store doesn't feel cramped and jam-packed with

And if you can't find what you want, the helpful staff is happy to take a look around the store's 5,000-square-foot warehouse to find items you're looking for.

A lot of hidden gems can be discovered at the

"We have a lot of antique shoppers," said Ramey, noting they search for gems and then resell them to make a (hopefully) tidy profit.

### Convenient location

The Bibles for Missions Thrift Store in Lower Sackville has lots of free parking and is located at 31 Temple Terrace, about a two-minute drive off of exit 4C on Highway 102.

The store is open Monday to Saturday from 10 a.m. to 5 p.m., and stays open late on Thursdays until 8:30 p.m.

Donation drop-off hours are Monday to Saturday from 10 a.m. to 4 p.m.



# **Bibles for Missions Thrift Store** celebrates 2 years in business

For the last two years, Bibles for Missions Thrift Store in Lower Sackville has been helping people both here and abroad, but in different

Locally, the store is able to provide new and gently used goods to people at great prices, helping keep more money in their pockets.

Because the store relies on donations for the merchandise it sells, this helps divert tonnes of goods from entering our landfills.

Bibles for Missions is run as a non-profit business. The store is staffed entirely by volunteers, excluding the store manager position and, as needed, a shift supervisor is paid on an

This labour model and the fact goods are donated help keep costs down. As a result, 100 per cent of the net proceeds are then turned over to Bible League Canada, an organization that provides Bibles, promotes literacy, children's programs and church planter training in more than 40 countries, as well as gives assistance to persecuted Christians in various parts

number of things, including the support of people who make donations. The store is always looking for donations and has a donation drop-off spot located behind the store. Bibles for Missions even has a truck to pick up bulky donations such as furniture and appliances, so it

Another key factor behind the store's success is its volunteers who find the work rewarding and fun. More volunteers are always needed and there are many ways in which they can help out. For example, volunteers may sort goods, tag and price goods, create displays, clean the store, help with marketing, promotions and social media, or work as cashiers.

To volunteer or arrange a pickup of goods to

of the world.

Bibles for Missions' success relies on a

donate, call (902) 461-2364.

To learn more, visit bfmthriftstores.ca or go to facebook.com/bfmthriftstorehalifax.



# Become a **BFM** volunteer

Volunteers are the backbone of the Bibles for Missions Thrift Store operation. At its location in Lower Sackville, there are about 100 volun teers who have a variety of responsibilities.

Brian Jollimore is one of them. Since the store opened two years ago, he's been spending about 15 hours a week there.

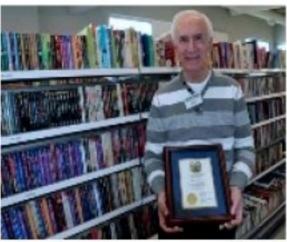
"You become so committed that you want to come here every day because it's in your makeup that, 'Hey, I can come over here and make a difference," he said.

Jollimore was recently recognized by the city for his outstanding volunteer contributions to the community.

He says he enjoys volunteering for Bibles for Missions for a variety of reasons, including that he gets to work and socialize with a committed team of volunteers. He also likes working with the customers and trying to find things they are looking for, which often results in him searching through the goods that are being sorted in the warehouse.

As well, the goal of Bibles for Missions resonates strongly with his Christian faith.

Bible League Canada provides Bibles, pro-



motes literacy, children's programs and church planter training in dozens of countries. "You help people," said Jollimore.

It is an opportunity to be a missionary without having to go to another country.

At Bibles for Missions there's a position to fit the skill set of everyone. For example, some of the responsibilities volunteers have are to receive donations, sort them, tag and price goods, stock and hang goods, work as a cashier, create displays, and make repairs to small appliances, electrical goods, computers and furniture.

"The skill sets people can learn will help them become more employable," said store manager Carrie Ramsay.

People interested in volunteering with Bibles for Missions should call Ramsay at (902) 461-2364.

## Saving the planet through recycling goods

The goal of each Bibles for Missions Thrift Store s to recycle 100 per cent of the goods that make their way into the store. About 70 to 80 per cent of these goods are cleaned, repaired and resold.

For the remaining goods, the non-denominational Christian thrift store finds a new home and purpose for them. In other words, they won't end up at a landfill.

Lower Sackville store manager Carrie Ramsay says that goods such as clothes that can't be sold will be turned into rags or quilts, while furniture may be given to another organization, like a shelter or mission group.

If these options aren't a possibility, then the goods will be recycled.

Bibles for Missions accepts donations Monday to Saturday from 10 a.m. to 4 p.m. and wel-



comes all types of new and gently used items. As well, a pick-up of bulky or large items can be arranged by calling (902) 431-2364.

**BFM 2ND ANNIVERSARY** 

Some examples of what can be donated are clothing and accessories, linens, towels, blankets, jewelry, house-ware items, furniture, electronics, sports equipment, CDs, DVDs, books and furniture

The store's dedicated team of volunteers then goes through the goods and sorts them, which is a task they enjoy.

"It's the adventure in unravelling the gifts and treasures that come in. It keeps your attention. Nothing is the same. It excites them and gives them a challenge," said Ramsay.

Good stewardship of the environment is a fundamental belief of Bibles for Missions.

"We believe that the earth and everything in it belongs to God," says its website. "We are placed on this earth to take care of and nurture

Ramsay says that at the Sackville store alone, literally tonnes of goods each year avoid going to the landfill because of the store's efforts.

As well, she is thankful for the donations

"We just really appreciate the donations that come in. We're overwhelmed with the gratitude of people wanting to donate to help us with our mission," she said.



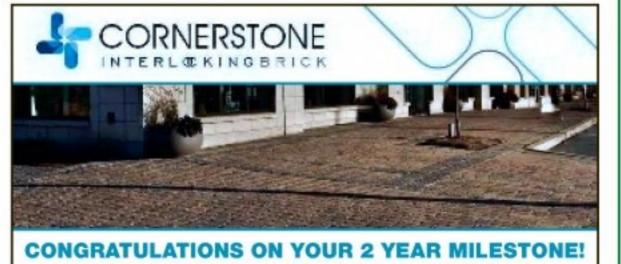


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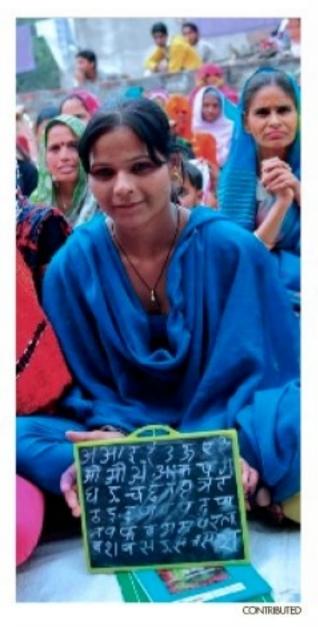


# ECELEBRATES ANNIVERSARY!



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**BFM 2ND ANNIVERSARY** 



# Using the word of God to change lives across the world

Across Canada, there are almost 50 Bibles for Missions Thrift Stores. These stores sell donated used goods and give 100 per cent of the net proceeds to Bible League Canada, which uses the money to transform peoples' lives through the word of God in more than 40 countries worldwide.

"Our goal is to raise enough money so that the Joint Ministry of Bibles for Missions Foundation (Canada) and Bible League Canada may reach all peoples everywhere," said Richard Ramey, the past chairperson of the board of directors of Bibles for Missions' Sackville location.

What is Bible League Canada?

For more than 60 years, Bible League Canada has provided scriptures and training to children, men and women worldwide. It works with local mission partners to provide Bibles, promote literacy, children's programs and church planter training, as well as give assistance to persecuted Christians.

On its website, bibleleague.ca, Bible

League Canada talks about its work and what makes it stand out.

"We don't just send North Americans on the ground to preach God's word; we mentor local believers to instill this powerful message within their communities," says the website.

It says Bible League Canada builds "a steady foundation for lasting change" by focusing on the word of God, providing oneon-one or group training, and developing local champions.

Last year, Bibles for Missions Thrift
Stores raised more than \$8 million for Bible
League Canada. This money was used to
distribute 681,631 bibles for children and
adults, give out 340,787 New Testaments, as
well as train 133,424 leaders, teachers and
church planters. This work touched the lives
of 603,448 new Jesus followers, 170,809 new
Christians baptized, 1,834,724 new learners
and the planting of 6,221 new churches.

This work is one reason why Bibles for Missions volunteer Brian Jollimore is so pas-



CONTRIBUTED

sionate about what the store does.

"The funds created here are used to provide Bibles to people outside of Canada. You're making a difference," he said.

You can learn more about Bibles for Missions at its website, bfmthriftstores.ca, and the Facebook page of the Lower Sackville location, facebook.com/thriftstorehalifax.

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NEWS Business Wednesday, May 4, 2016 | 15

# Risky business if you're a woman

**ENTREPRENEURS** 

# Women are less likely to seek or get bank financing

The myth that women entrepreneurs are risk averse continues to stand in their way of getting financing to help their businesses grow, a major new study concludes.

Women entrepreneurs also said they want more than just a loan from their bank, according to A Force to Reckon With: Women Entrepreneurship and Risk. They want a relationship with a bank that understands their business and their personal needs, the study found.

"Women entrepreneurs, in general, are not satisfied with their experiences with financial institutions," according to the report sponsored by the Bank of Montreal. "In fact, in many instances women entrepreneurs

reported that they felt humiliated and frustrated by financial institutions' treatment of them."

One woman entrepreneur said the bank wanted her father to cosign the loan, the report noted.

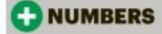
Indeed, 80 per cent of the women interviewed for the study said they faced obstacles in getting bank loans.

Women entrepreneurs contributed \$148 billion to Canada's economy in 2011, the latest year for which data is available, the study noted.

Yet, they continue to struggle with assumptions they are risk averse, when in fact "women entrepreneurs, like male entrepreneurs, are not all alike," said Clare Beckton, report co-author and head of Carleton University's Centre for Women in Politics and Public Leadership.

The study, which included interviews with 100 male and female entrepreneurs across Canada over a two-year period, found women prefer to take what they call "rational" risks.

"Women are not only inter-



**\$60,000** - average annual income earned by full-time women entrepreneurs

950,000 - number of women who were selfemployed in 2011

47% - Portion of Canadian small and medium-sized enterprises (SMEs) partially or majority owned by women

ested in the earnings statement but the impact of their business decisions on all aspects of their lives," Beckton said.

Bank of Montreal, which sponsored the study, said it has started incorporating some of the findings into its business.

"We know women are starting more business than men," said Susan Brown, BMO senior vicepresident and head of women's strategy. TORSTAR NEWS SERVICE



# Pet business not a boom for all

Pet parents are driving a booming industry in Canada.

But shoppers looking for bargains or specialty products and services are pushing out mid-size chains from an otherwise growing market. Take for instance Pl's Pets and Pets Unlimited, which operate under separate banners but are one company. Late last month it announced it was closing 27 of its 39 Canadian stores.

Over the past three fiscal years, the company reported

annual multimillion-dollar losses between \$3 million and \$6.9 million, according to a March PwC report.

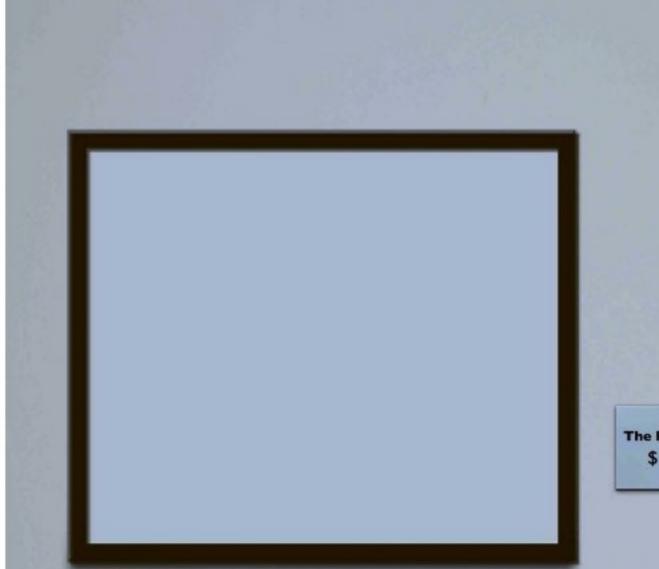
The report partly attributes the red ink to increased competition from larger pet retailers and retail stores.

Pet store industry revenue in Canada is expected to jump an additional 3.6 per cent this year to \$2 billion, according to a recent report by the market research firm. Three major players

 PetSmart, Pet Valu and Global Pet Foods - make up more than 40 per cent of the market share. Some, like PJ's Pets and Pets Unlimited, are mid-size operations.

They all face competition from grocery stores that increasingly include a pet supplies aisle and discount retailers.

Those big outlets attract customers by offering lower prices than smaller industry players thanks to advantageous economies of scale. THE CANADIAN PRESS



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# MELIEWS

Your essential daily news

Wednesday, May 4, 2016

# ROSEMARY WESTWOOD ON SOCIAL ACTIVISM IN 2016

# Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities. These are movements — and people — bettering our country.

All's not quiet in the True North, as witnessed by this spring of discontent.

Occupy INAC (Indigenous and Northern Affairs Canada) and Black Lives Matter protests have swept across major cities from Vancouver to Winnipeg to Montreal. And in Halifax, hundreds marched through the streets in late April to protest gun violence that killed three young black men in less than a week.

All three actions have gained considerable traction and attention and forced responses from powers as high up as premiers and federal ministers.

They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated. They are targeted in their goals and, thus far, remarkably successful.

In Toronto, Black Lives Matter's accomplishments are many and growing: There will be a coroner's inquest into the death of Andrew Loku, who was shot by police while holding a hammer, and a faceto-face meeting with John Tory, the mayor. Ontario Premier Kathleen Wynne has directly responded to the protest, and the province released a (heavily redacted) civilian oversight report on Loku's death last week. Solidarity protests in Vancouver and Montreal

They are, by and large, the movements of young people — Twitter-savvy and Instagram-curated.

have increased the movement's visibility.

Around the same time, Occupy INAC spawned from the Attawapiskat suicide crisis when Toronto protesters set up inside INAC's offices, demanding help. It spread to Winnipeg (which is entering Day 21 of the story in Halifax, where activist Quentrel Provo has spent years fighting gun violence that disproportionately leaves young black men dead. His Stop the Violence Spread the Love group has held marches in the city before, but last month's could mark a



TOGETHER A protester at the Toronto offices of Indigenous and Northern Affairs during April's sit-in protest over the suicide crisis in Attawapiskat. BEN SPURR/FOR TORSTAR NEWS SERVICE

protest and seeking a meeting with the prime minister) and inspired rallies in Regina and Gatineau, Que.

Occupy INAC in Vancouver only ended last week after Carolyn Bennett, INAC's minister, agreed to meet with protesters to discuss their demands: the reinstatement of a \$22-million cultural program for off-reserve youth and an increase in indigenous language funding from \$5 million to \$1 billion.

It has been particularly fascinating to watch these two national movements support one another, share hashtags and disseminate each other's Facebook posts.

It's a slightly different

turning point in the fight to curb violence. Instead of activism aimed at a powerful group, it's a movement that he hopes all in his city will see as their own. Deaths in the black community "affect everyone," he says.

April was an unusually deadly month, and that "really opened up a lot of people's lives that this is reality."

That's sparking greater collaboration between education officials, police and community members on a number of fronts: Police are asking for community help in solving the killings, and the minister of education is meeting with Provo. And Provo is gaining trac-

tion for a mentorship program he hopes to launch that will reach boys at an early age and help steer them toward safer, longer lives.

All this is quite something for activist leaders of a generation often painted as feckless and navel-gazing

"He is the reason I am here," wrote Jerilynn Webster, one of the Occupy INAC Vancouver leaders, on an Instagram photo that included her young son. "I'm not a rebel without a cause. Council of Mothers did this for indigenous kids and youth in Turtle Island. I hope people see this."

Near the start of the protest, the Council of Mothers, as the protesters called themselves, urged Attawapiskat and indigenous youth to "Keep resisting, keep loving and keep speaking your absolute truth because you are being heard."

Certainly, they have been.

The upshot of all this organizing shouldn't be underestimated: a return to discussions of racism and violence in Halifax that could change young lives; a re-think of police accountability in Toronto that has the potential to change how we handle police shootings; increased attention across this country to the needs of often forgotten indigenous youth.

These are movements
— and people — bettering
our country. For the average Canadian, such as myself, who has not occupied
a government building,
camped for days outside
police headquarters or
launched an anti-gunviolence march to bring
change, that is a lot to be
grateful for.

# Kicking our opioid addiction requires right prescription



Alan Cassels

We are in the midst of a deadly drug epidemic so severe and widespread few people in North America will remain untouched by it.

Typically the suggestion of an epidemic is hyperbolic, but it doesn't seem so in this case. Last month, Dr. Perry Kendall, the provincial Health Officer in British Columbia, said that B.C. has a bona-fide "public health emergency" on its hands, mostly due to the alarming number of overdose deaths linked to prescription opioids.

Opioids include prescription narcotics such as Oxycontin, hydromorph Contin and fentanyl, which some say is 100 times stronger than morphine. Kendall said there were more than 200 opioid-related overdose deaths so far this year in B.C., and if those numbers continue, there'll be 800 by the end of the year.

What's happening in B.C. is representative of what is happening across Canada, where we have some of the highest rates of prescription opioid consumption in the world. From 2006 to 2011, use of opioids in Canada rose by 32 per cent, and that rise has continued unabated.

The United States is also in full-on damage-control mode, trying to stem the incredible numbers of deaths due to opioids. In 2012, there were 259 million prescriptions written for opioids — enough to give every American adult their own bottle of pills. Since 2000, the overdose death rate in the

U.S. has risen by 200 per cent.

The problems, as well as potential solutions, are complicated, but I agree with U.S. Surgeon General Dr. Vivek Murthy when he says curbing society's exposure to opioids — particularly those coming from a prescription pad in a doctor's office — is absolutely vital. As he said: "Physicians need to be retrained to think twice — or three or four times — before writing that first opioid prescription."

Indeed, many critics have pointed the finger at prescribers — well-meaning clinicians who've been giving too many patients excessively powerful opioid medications to deal with modest pain. But we can dig deeper and look at pharmaceutical companies' significant influence on doctors.

It's important to recognize that liberal prescribing of opioids is a recent problem and, since the mid-1990s, can be linked to the pharma industry. Doctors have increasingly been encouraged — often via educational materials paid for by opioid makers — to prescribe the drugs.

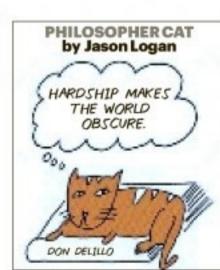
Is this epidemic not dire enough to finally build a firewall between physicians' education and the pharmaceutical industry?

To tackle the problem, we need unbiased, safety-oriented messages on the appropriate use of opioids. And we need to curb our dependence on drugcompany money for doctor training.

Alan Cassels is a University of Victoria health policy researcher and author of The Cochrane Collaboration: Medicine's Best-Kept Secret.



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# METHER HEILER



Your essential daily news

Radiohead drops new single Burn The Witch ahead of word tour that begins this month

# Upgrading to 'queen' of Eastern cuisine

SIROCCO

## Sabrina Ghayour's second book a blend of cultures

Melita Kuburas Metro | Canada



When Sabrina Ghayour saw the May cover of U.K.'s Delicious magazine hailing her as the "new queen of Eastern cooking," she laughed for a good five minutes.

"I used to be the 'Persian princess' but I've obviously upgraded now to queen," says Ghayour, whose second cookbook, Sirocco, features recipes that are influenced by both her Iranian and European heritage. "If it makes people happy then I'm so honoured to be even the Duchess of Middle Eastern cuisine."

A self-taught cook who has been experimenting in the kitchen since she was about six years old, Ghayour takes the praise in stride. By now, she should be used to it: after the release of her first book, Persiana, in 2014, Ghayour was named by The Evening Standard as one of London's 1,000 most influential people.

Born in Tehran, the cuisine of Ghayour's Iranian background is evident throughout Sirocco but even traditional explanations are paired with a fresh twist—such as the Grilled Peach and Gem Lettuce Salad recipe that comes with a brief ode to the origins of the kebab. Ghayour also incorporates recipe blends from throughout the region, such as the Lebanese baharat and Moroccan ras el hanout.

She doesn't claim any of the homestyle dishes are "authentic," but rather an expression of her personality and expertise.

"If we said 'oh this is authentic Middle Eastern food' people from every country would knock on my door and be like 'hey, hang on a second," jokes Ghayour, who moved to London in 1979 with her family.

"I'm not too pedantic about method; about high-honoured tradition. ... I write recipes based on what I'm actually, genuinely eating at home."



Poverty, availability, regionality, seasonality — all those things dictate what you're going to use.

Ghayour, on substitutions in recipes



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### (1) LAMB, APRICOT & FENNEL SEED LOLLIPOPS

Makes 18-20 kofta or meatballs

### Ingredients:

- 1 pound ground lamb
- 5 ounces dried apricots, finely chopped
- ½ cup fennel seeds, toasted and finely ground
- a 2 large eggs
- · 2 large eggs
- 1 onion, minced in a food processor or very finely chopped
- 2 heaping teaspoons turmeric
- ½ small package (about ½ ounce)
- of dill, finely chopped, plus extra to garnish
  2 heaping teaspoons flaky sea salt, crushed
- freshly ground black pepper
- vegetable oil
- To serve
   5 ounces Greek yogurt
- olive oil or lemon juice (optional)
- · sweet tamarind sauce
- · small handful of nigella seeds

### Directions:

- Heat a large skillet over medium heat (or high heat, if using an electric stove). If your pan isn't large enough to cook 18-20 kofta at once without overcrowding, preheat the oven to 325°F for keeping cooked batches warm.
- 2. Put all the kofta ingredients, except the oil, into a large mixing bowl and work the mixture, thoroughly using your hands. Really pummel the meat mixture and ensure the ingredients are evenly combined.
- 3. Drizzle into the hot skillet just enough oil to coat the base and allow it to heat up. Meanwhile, begin rolling your kofta take a small amount of the meat mixture (about the size of a Ping-Pong ball) and roll it into a smooth ball, then place it in the skillet and fry for about 5–6 minutes on each side or until nicely browned and cooked through. Keep adding more and more balls as you make them, cooking in batches if necessary. Keep the cooked kofta warm in the oven on a baking sheet while you fry subsequent batches.
- 4. Season the yogurt with salt and pepper. If the yogurt is too thick for drizzling, thin it down a little using olive oil and 1 tablespoon water or lemon juice.
- 5. Arrange the kofta on a large platter and pour over a generous drizzle of the seasoned yogurt, followed by a drizzle of sweet tamarind sauce and a sprinkling of nigella seeds. Insert a wooden skewer into each meatball and serve.





## JOHANNA SCHNELLER WHAT I'M WATCHING

# TV that embraces animal instincts

THE SHOW: Silicon Valley, Season 3, episode 2 (HBO) THE MOMENT: The horse sex

Brilliant, meek Richard (Thomas Middleditch) invented genius software. But his company's board coldly replaced him as CEO with Jack (Stephen Tobolowsky), who is destroying everything cool about Richard's idea. Richard confronts Jack at a stable — while Jack calmly watches a squealing white stallion with a truly mammoth erection mount

a mare. (The horse sex is real.)

Over wild stallion grunts, Richard pleads the case for his software: "People who have nothing could suddenly have access to everything. We could make the world a better place, and make billions of dollars."

The stallion noises drop out; music plays. "Richard, I don't think you understand what the product is," Jack says, smiling. "The product isn't your software."

"Is the product — me?" Richard asks shyly. "Oh! God no!" Jack hoots. The music stops. The horses shriek. "The product is the stock. Maybe sometime in the future we can change the world. Now excuse me, I paid \$150,000 for that stallion's semen, and I'd like to see it happen."

It took me a while to warm to Silicon Valley, where everyone is hapless, voracious or both. I'm thrilled I stuck with it, because Richard's plight is so poignant: He achieved the goal we all dream of—invented something good, moved the needle in a positive way — but the universe craps on him anyway.

This scene dramatizes that magnificently, by setting Richard's royal screwing-over against the most alarming animal screwing you are likely to see. It's one of the most audacious juxtapositions I've witnessed on TV.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Thomas Middleditch as computer programmer Richard Hendricks in Silicon Valley Season 3. CONTRIBUTED

Food | metr@LIFE **18** Wednesday, May 4, 2016

# **ROSE REISMAN THE SAVVY EATER**

THIS WEEK: Muffins

Muffins are favourite for many as breakfast or afternoon snacks, but it's more of a dessert than a Dip Donut.



**Dip Donut** Calories 190 Fat 6g Sugar 10g



Tim Hortons Raisin **Bran Muffin** 





### Equivalent to 4.5 Rice Krispies Treats in sugar

Muffins with whole grains, fruit, nuts or dried fruit have the illusion of being a healthy breakfast or a nutritious snack when you need to refuel, but take a closer look. These are sugary and fattening indulgences. We love our baked goods, but they should be a treat, not a regular part of our diet. With close to one quarter of your daily calories and 9 tsp of sugar, this will definitely give you a "muffin top." A lighter pick is the Chocolate Dip Donut, with half the calories, fat and almost a ¼ of the sugar. Think of muffins just as you would a cupcake — a dessert, not a healthy snack.

# New eggplant is less oily, more meaty

Eggplant hasn't been a favourite of American home gardeners, but a new hybrid that's billed as an alternative to meat could be changing that.

The hybrid dubbed "Meatball" has powered its way into the home-garden market this spring. It's a cross between existing hybrids and heirloom varieties of eggplant. Sales rival those of tomatoes and peppers, among the most popular items in the W. Atlee Burpee & Co. seed catalogue, said the company's chairman and chief executive officer, George Ball. "This new one is not like any eggplant we've ever bred or found or seen," he said.

The Meatball contains more water, which resists oil in the frying pan, Ball said.

"That makes for a more refreshing and less oily product," he said. "It also is seedless, giving it two important genetic virtues."

Kitchen trials were held with friends, family and focus groups using the Meatball as a hamburger or steak-like primary ingredient, Ball said. "It won hands-down when compared to both veggie burgers and meat" in taste tests, he said.

Maturity dates for the new

eggplant range from 55 to 78 days, depending on location.

Eggplants are native to India, much of China and Southeast Asia, so most species thrive in high heat. Many of the later European versions were white or yellow, resembling chicken or goose eggs; hence the name eggplant.

Their earliest use was believed to be more medicinal than culinary. Eggplants' fruit, roots and leaves were used for treating abscesses and intestinal problems.

Thomas Jefferson often has been credited with importing eggplants into American gardens in the late 1700s, but they were slow to gain popularity as a cooking staple, a trend that continues today.

"I took some of my surplus eggplant to a local food bank last year and they said it was the first time they'd ever gotten it," said Marianne Ophardt, Benton County director for Washington State University Extension.

"Recipes are limited for making it more flavourful, which may account for some of its slow acceptance," she said. THE ASSOCIATED PRESS



### Canadian cider rules

For centuries apples have been the base of thriving cider industries in just about every place that produces them except Canada.

While we may be late to the party, the variety of artisan ciders currently being created across our country has never been greater. From Nova Scotia's Bulwark to B.C.'s Lonetree, regional ciders are taking a bite out of their international competition. Our output runs the gamut; from sweet and confectionary to classically dry, with the vast majority originating from fruit picked in local orchards in their home provinces.

Ontario-made Brickworks Batch 1904 (473 ml, \$3.10-\$3.95) is a dry, English-style craft cider named to com-

LTCH: 1904

memorate the Great Fire of Toronto, which happens to be Brickworks' hometown. It's a refreshing, apple-forward thirst-quencher that makes an ideal partner for spicier barbecue PETER ROCKWELL/METRO





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Artist-turned-baker Rebecca Levitan will paint anyone's portrait in cookie form. MICHELE HENRY/TORSTAR NEWS SERVICE

We spend so much time scrutinizing its origins and nutritional content, it's almost as if we've forgotten that food can be fun.

And it should be, says Torontobased artist-baker-entrepreneur Rebecca Levitan, 32. "You should be able to play with your food."

To Levitan, that means turning flour, sugar and butter into faces. And not just any faces: real, honest-to-goodness look-alike faces of anyone and everyone, from the mug you see in the mirror to your neighbour down the street. But especially celebrities. Think Beyoncé, Aziz Ansari, Frida Kahlo, Queen Elizabeth, Prince.

Since she started Eatmysweetface.com — her online company a few months ago, orders have been flooding in, including from art galleries in New York and Los Angeles, where she'll have shows later this year. She's been asked to make a lot of famous faces, but mainly, she says, people send in a picture to her online shop and request a cookie of their own likeness.

"It's a special unique moment — to have an edible version of

Good thing people feel that

way - because that's how her

business got its start.

During 2014's holiday season, Levitan, who has a master of fine arts from the San Francisco Art Institute, couldn't decide what to give her two siblings.

The constant baker — she was the kid who would force her parents to eat her weird creations, she says - thought it would be funny if they could "dunk their own faces in milk."

So she baked up their like-

nesses. And then Levitan became addicted to making these one-ofa-kind pieces of edible art.

People love ordering them as birthday gifts, she says. Though the cookies (\$30 per cookie) are yummy (they're sugar cookies), many people refuse to eat them, she says, preferring to keep the edible art intact.

Easy to see why. It's uncanny and brilliant. And in my opinion, too good to eat.



Rebecca Levitan with her cookie doppelgänger of Prince. J.P. MOCZULSKI/TORSTAR NEWS SERVICE

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ANNUAL GENERAL MEETING

**PUBLIC NOTICE ON BEHALF OF Friends of Ivy Meadows Residents Society** 

## ANNUAL GENERAL MEETING

Chairperson Mrs. Elaine Saulnier WILL BE HELD

TUESDAY, MAY 10, 2016 | 6PM

Beaver Bank Station Restaurant, Beaver Bank, NS

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# Your essential daily news Canadian expert worries about amorous activity behind wheel of self-driving cars

# New Honda Accord tough to beat



### THE CHECKLIST | 2016 HONDA ACCORD

### THE BASICS

- Type. Four-door, five-passenger, FWD, intermediate sedan
- Power. 185-hp 2.4-litre I4, 278-hp 3.5-litre V6
- Transmission. Six-speed manual, CVT automatic (I4 models), Six-speed automatic (V6 models)
- Price. Base \$24,350 (plus destination)

### COOL FEATURES

Seven-inch Display Audio touchscreen with Apple CarPlay and Android Auto.
 Standard LED daytime running lights and taillights, optional LED fog lights.
 Honda Sensing safety suite



ACCORD IMAGES MIKE GOETZ/FOR METRO; ALL OTHERS HANDOUT

### POINTS

- Current and ninth-generation model introduced in 2013. Received major mid-cycle engineering and styling refresh for MY 2016.
- Since 1982, built at Honda's facility in Marysville, Ohio.
- One of few intermediate sedans still available with a manual transmission.

### MARKET POSITION

- Third best selling intermediate sedan in Canada in 2015, after Camry and Fusion.
- after Camry and Fusion.

  Not as sporty as Mazda6 and Fusion, but extremely competent all-rounder with high levels of refinement.
- Almost as big as one-size up models, like Impala and Maxima.

### REVIEW

## Sedan gets tweaked, maintains alpha status

Mike Goetz For Metro Canada



If you're considering getting into a new family car soon, you don't need to fret too much about which vehicle to get. It's a golden age for intermediate sedans, with lots of no-brainer choices.

These vehicles have all grown in size to be quite substantial and roomy, and all have the on-road performance, comfort, and technological wizardry that was heretofore only available in the luxury ranks.

Honda Accord is one of those can't-go-wrong choices, and for model-year 2016, received a fairly robust "mid-cycle" refresh. As per the nature of these mid-cycle updates, you can't change too much on the outside, save for restyling front fascias and rear bumpers and their respective lighting elements. In Accord's case, those changes were accomplished with more LED lighting and sharper creases. But Honda went the extra mile on the Accord sedan, by also laying on a new weight saving and sculpted aluminum hood, which furthers the "sharp crease" theme. The overall effect, to these eyes at least, is one sharp looking sedan.

Also new is the display and auto interface, now with a standard seven-inch screen, which lets you swipe, tap and pinch, as you would on a tablet or Smartphone.

The touchscreen is paired with an upper screen, to help out with all the display work that needs to be done. Honda's passenger mirror mounted LaneWatch and rear-view cameras feed into this upper display, for example, as well as the text messages, turn by turn directions, and parking sensing alerts.

The interface is not immediately intuitive, but when we expect so much information at our fingertips, something has to give.

While the driver's seat felt comfy off the bat, it was less so over long trips, which found me squirming and fiddling with the seat adjustments many times.

Also part of the refresh was some stiffening of the chassis and shock absorbers, and commensurate changes in the suspension settings. The last Accord was absolutely fine on the road, and this one is a touch finer. This new Accord delivers a comfortable ride and confident handling.

Our test vehicle was a Touring trim, with the 185-hp 2.4-litre I4 and CVT. If you don't think you like CVTs, the automatic on Accord V6 is a traditional six-speed. But can't think of why you wouldn't get along with the 2.4-litre/CVT powertrain: more than enough power; very refined and efficient (9.1 L/100 km, City, 6.8 Highway); and the CVT actually feels quite lively and responsive, and somewhat un-CVT like.

So there's not much to dislike about the 2016 Honda Accord Sedan. An absolutely solid citizen in the intermediate sedan segment.

### MILESTONE

# Tesla approaches the 500 km mark with Model S sedan

The new Model S sedan in 90D specification has been given an official US Environmental Protection Agency (EPA) rating of 488 kilometres on a single charge.

The refreshed car has a redesigned nose to reduce air resistance and therefore preserve battery life, but the biggest reason for the jump in range — the outgoing model achieved 476 km under EPA conditions — is a bigger 90kWh battery.

To put the figures into some sort of context, the Nissan Leaf, the Model S's closest competitor in terms of sales, has also just undergone a serious battery overhaul.

However, the heavily revised 30kWh battery car is only capable of travelling 250 km on a single charge and that figure is based on the New European Driving Cycle (NEDC) test.

News of Tesla's new range record arrives as more car companies have started taking electric cars seriously. Volvo has pledged to sell one million electrified cars (hybrid and full EV) before 2025. "It is going to be a challenge, but Volvo wants to be at the forefront of this shift to electrification," said Håkan Samuelsson, president and chief executive of Volvo Cars.

On Wednesday, the German government announced plans to make electric cars popular and accessible via a €1 billion (\$1.44 billion Canadian) scheme to subsidize the cost of buying EV cars, plus a €100 million (\$144 million Canadian) fund for installing the requisite charging infrastructure.

However, as green as electric cars can be, a new study from Carnegie Mellon University shows that the level of environmental friendliness of a plug-in car depends largely on where a driver lives.

THE COMPETITION

**Ford Fusion** 

Toyota Camry

Hyundai Sonata

Base price: \$24,749

Base price: \$24,655

Base price: \$23,249

"Electric vehicles offer the largest benefits for urban drivers in mild-climate regions with a clean electricity grid, such as San Francisco or Los Angeles," says said study coauthor Jeremy Michalek, a Carnegie Mellon University professor of mechanical engineering.



News of the 2017 Tesla Model S's range record arrives as more car companies have started taking electric cars seriously. TESLA

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# Dwyane Wade says he's feeling "all kinds of emotions" after hearing that he was Prince's favourite basketball player

# Heat turned up in OT

# RAPTORS MIAMILEADS 1-0

## Buzzer-beater garners extra time but Dinos still take loss

On a night the Toronto Raptors played poorly, they very nearly pulled off a victory after Kyle Lowry's long-distance buzzerbeater forced overtime.

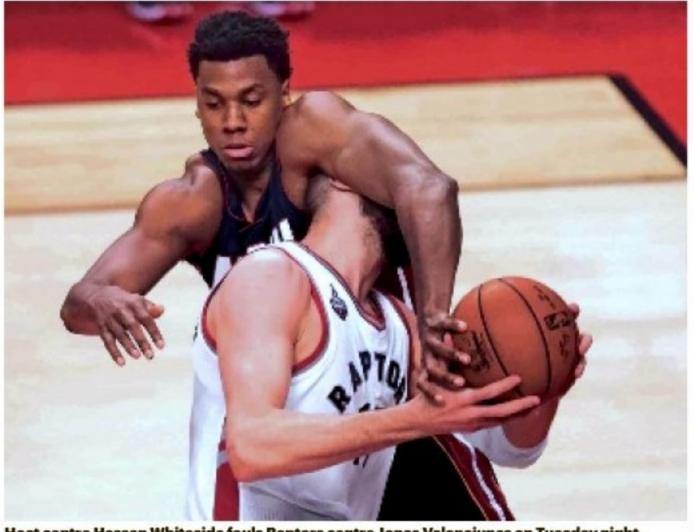
But it all fell apart over the extra five minutes, as the Raptors dropped a 102-96 decision to the Miami Heat on Tuesday, in Game 1 of their best-of-seven second-round playoff series.

Jonas Valanciunas had 24 points and 14 rebounds, DeMar DeRozan added 22 points, Terrence Ross chipped in with 19, and DeMarre Carroll and Cory Joseph had 10 points apiece.

Goran Dragic scored 26 points to top the Heat, while Dwyane Wade finished with 24, moving into the 16th spot on the NBA's all-time scoring list.

Lowry, who struggled throughout Toronto's opening-round series against Indiana, drained the thrilling 39-foot buzzer-beater to force the extra period. But he was otherwise no better than he was against Indy. The all-star guard didn't get his first assist until 15 minutes into the game, and finished with almost as many fouls (five) as points (seven). He had just six assists.

The game between the No. 2 and 3 seeds was tightly



Heat centre Hassan Whiteside fouls Raptors centre Jonas Valanciunas on Tuesday night.

NATHAN DENETTE/THE CANADIAN PRESS

### **GAME1In Toronto**



matched from the opening tipoff with 15 lead changes through the first three quarters

The Heat took a narrow 68-63 lead into the fourth, but they'd stretched it to 10 points barely two minutes into the quarter. The Raptors chipped away at the lead, and Joseph's driving layup with a minute to play cut the Heat's lead to two points, but Dragic responded with a gut-wrenching threepointer with 41 seconds left.

Two Miami turnovers and a loose ball foul allowed Toronto to come back in the dying seconds. With Toronto down 89-83, Ross hit a three-pointer. The Heat managed just one free throw as Ross hit a free throw and Lowry sank the tying three from long distance.

The Raptors almost had another bite of the apple in overtime, when six Raptors points pulled Toronto to within three with 27 seconds left. But Wade pounced on a Toronto turnover to clinch the victory for Miami.

Game 2 is Thursday in Toronto, then the series shifts to Miami for Games 3 and 4. THE CANADIAN PRESS NHL PLAYOFFS

# Bolts cap comeback victory in overtime

Brian Boyle scored at 2:48 of overtime to lift the Tampa Bay Lightning to a 5-4 victory over the New York Islanders on Tuesday night for a 2-1 lead in their second-round series.

Nikita Kucherov tied it in the final minute of regulation, and Ryan Callahan, Victor Hedman and Vladislav Namestnikov also scored for the Lightning. Ben Bishop stopped 35 shots.

On the winning goal, the Lightning were on an oddman rush and Hedman fired a shot from the left side that was wide, but the rebound came off the boards and right to Boyle in front at the right side of the goal and he tapped it in for the win.

Josh Bailey, back after missing the first two games of this series with an upper-body injury, had two goals, and Nick Leddy and Cal Clutterbuck also scored for the Islanders. ThomGAME1In Brooklyn



as Greiss finished with 36 saves. Game 4 of the best-of-seven series is Friday night.

With Bishop pulled for an extra skater, Kucherov's NHLleading seventh goal of the playoffs evened it with 38.4 seconds remaining. Jonathan Drouin was skating toward the goal-line and sent a centring pass back to Kucherov, who fired it past Greiss for the fourth tie in the seesaw game.

### **NHL IN BRIEF**

## Letang suspended one game for hit to the head

The Pittsburgh Penguins will be without their best defencemen for Game 4 of their second-round series against the Washington Capitals.

Kris Letang has been suspended for one game for his elbow to the head area of Capitals winger Marcus Johansson on Monday night.

Johansson on Monday nig Johansson's status for Game 4 is unclear.

THE CANADIAN PRESS

## Flames fire 2014-15 coach of the year

The Calgary Flames fired Bob Hartley on Tuesday, less than a year after he was voted the NHL's coach of the year.

Calgary regressed by 20 points in 2015-16 after reaching the second round of playoffs the previous season, finishing with a 35-40-7 record. Only Vancouver and Edmonton posted fewer wins in the Western Conference.

THE CANADIAN PRESS



short: 2 wds. 13.TV brand

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26. Fragment

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30. Brewer's\_ 33. Brand/busi-

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50. Laissez-

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53. "Bah!"

52. Singleton

55. Barenaked

57. Snick-or-\_

Ladies tune

56. Tune

51. Diana of "The

41.Leaps

29. Squirrel's snack

Mothers to forest

Works by Spain's

48. Canadian singer

by \_ Heep

Moos, cluck-clucks,

baas ...and what other

24. Ticket remnants

28. "Die Hard: \_\_\_ Ven-

18. Beach

## **RECIPE Orecchiette with Turkey** and Broccoli



### Ceri Marsh & Laura Keogh For Metro Canada

A light, healthy and simple mid-week meal you can make in less than 30 minutes.

### Ready in

Prep time: 10 minutes Cook time: 15 minutes

### Ingredients

- 1 lb (450 g) orecchiette
- · 4 cups of broccoli florets, cut them quite small
- · 3 Thsp olive oil
- · 4 cloves garlic, minced
- 1 onion, chopped
- · 1 tsp fennel seeds or fresh thyme
- 1/2 tsp crushed dried chilis (optional)
- 1 lb ground turkey
- 1 cup chicken stock
- 1/2 cup grated Parmesan cheese

**ACROSS** 1. \_ Tavern (Hangout on FOX cartoon "The Simpsons") 5. Tiny total 8. Jostles someone in the queue 14. and for all (Finally) 15. Old French coin 16. From Eternity connecter (1953 film): 2 wds. 17. So sooo tense... Moving day or job change, for example Angle measurement unit 20. Toronto's locale, Ontario 21. Wickedly

22. New show on HGTV Canada featuring all the big stars from the network: 3 wds. 24. Brilliant 27. Hit for Canadian

singer Kiesza 31. Three 32. Ms. DeGeneres

34. Apple pie serving 35. Slangy oneeighty turns

37. Inners in eggs 39. Greek portico 40. Johann Sebastian's classical surnamesakes

42. Central meanings 44. Many mins. 45. Farley, for one, in Canadian comic strip For Better or For Worse

47. Take back a FOR MORE MEAL IDEAS, VISIT statement SWEETPOTATOCHRONICLES.COM 49. Ranger's nature dan- 62. Three squared

### 15 16 17 19 20 21 22 23 29 25 28 31 32 33 34 35 38 39 44 40 42 43 45 47 49 50 54 56 58 59 61 60 62 63 64 65

ger worry: 2 wds. 51. Corral: 2 wds. 58. Holding: 2 wds. 59. Observes the meeting: 3 wds. 60. Mr. Clooney

54. Insensitive

61. City in Flor-

ida, for short

63. "\_ Pointe Blank" (1997) starring John Cusack 64. Napoleonic Wars marshal 65. Border

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

### DOWN

1. Park (Toronto neighbourhood) 2. "Hang \_\_\_ Your Life" by The Guess Who 3. Beige

4. Boil under the collar Some \_ Required (Furniture-in-abox notice) 6. Actress Demi 7. Hit for Canadian band Big Sugar: 4 wds. 8. Astute 9. Villains in movies 10. Spots in num-

### Directions

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 This afternoon is an excellent time for business and commerce. Trust your moneymaking ideas. Business-related travel is likely. Enjoy!

Taurus April 21 - May 21 Today gets better as it wears on. By this afternoon, you feel upbeat and keen to socialize. Because you are so positive, people will enjoy your company.

Gemini May 22 - June 21 Today you have an overall sense of well-being. In turn, this might prompt you to do a good deed for someone or practice a kindness.

Cancer June 22 - July 23 This is a wonderful, popular day! Group activities will be successful this afternoon and this evening. A friend might help you with domestic or family activity.

1. Put a big pot of salted water on

to boil and cook the pasta accord-

ing to package instructions.

2. Warm your olive oil in a large

skillet over medium heat. Add

the garlic, onion, fennel seeds

or thyme and chilis and cook for

about three minutes. Add the tur-

key and cook for another five min-

utes, until the meat is browned

3. Carefully add your broccoli to

Drain the pasta and broccoli and

4. Toss everything together well.

Serve in a big bowl with a healthy

Add the stock and toss more.

Taste and check seasoning.

sprinkle of Parmesan on top.

the cooking pasta two minutes

before the pasta will be done.

then add them to the skillet.

and almost cooked through.

Leo July 24 - Aug. 23 It's easy to make a great impression on bosses, parents and VIPs today, especially in the afternoon. (Because others are so impressed with you, use this time to ask for what you want.)

Virgo Aug. 24 - Sept. 23 After midday, it's a great time to make travel plans for the future. It's also a profitable time to explore publishing, the media, medicine and the law. Just do it! Libra Sept. 24 - Oct. 23 This is a curious day. Do nothing this morning; however, the afternoon is an excellent time to settle disputes about shared property. It's also a good time to discuss inheritances or get a loan or a mortgage.

Scorpio Oct. 24 - Nov. 22 Relations with others are warm and friendly today! Enjoy schmoozing with partners and close friends. especially later in the day.

Sagittarius Nov. 23 - Dec. 21 Things will go well at work today. Relations with co-workers are positive, in addition to which, you will enjoy work-related travel later in the day.

Capricorn Dec. 22 - Jan. 20 New love might occur for some of you today. All of you will have a fun-loving day, especially in the afternoon and evening. Enjoy sports events, playful times with children and the arts.

Aquarius Jan. 21 - Feb. 19 This is an excellent day for realestate deals if you wait until after the noon hour. Anytime in the afternoon and evening are profitable times for family gatherings.

### )-( Pisces

Feb. 20 - March 20 This is a happy day for you simply because you're in a positive frame of mind. Well, everything starts with a thought, doesn't it?

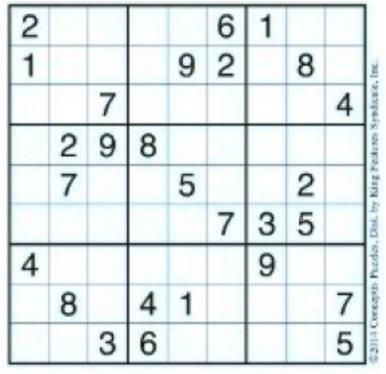
### **CONCEPTIS SUDOKU by Dave Green**

11. Bridal accessory

12. And others, for

Every row, column and box contains 1-9

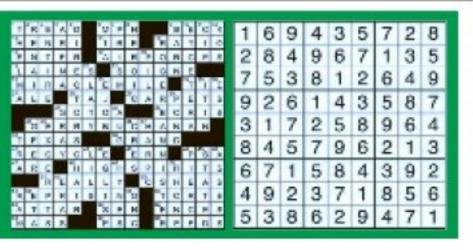
ber sequences



## **YESTERDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games





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